



## Dark Green and Orange Vegetables

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.



# Crunchy Hawaiian Chicken Wrap

## **MOUNT LEBANON ELEMENTARY SCHOOL**

Pendleton, South Carolina

### **Our Story**

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, the “Healthy Kids Committee” at Mount Lebanon worked diligently with a local chef to develop, test, and prepare a recipe. Using a list of basic food items that Mount Lebanon students liked the best, the team worked together to create a tasty wrap served as a main dish. The recipe was a hit with students on the first try. The team tested the recipe twice and then served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best, so the team opted for chicken.

As its name suggests, Crunchy Hawaiian Chicken Wrap is a deliciously crunchy recipe with a refreshing hint of tropical sweetness. By popular demand, the recipe is currently featured on the Mount Lebanon Elementary School menu.

### **School Team Members**

#### **SCHOOL NUTRITION PROFESSIONAL**

Vikki Mullinax

#### **CHEF**

Lorett Arnold-Hayes (Owner and Chef, 1826 on the Green)

#### **COMMUNITY MEMBER**

Kristi Martin (School Nurse)

#### **STUDENT**

Chandler W.




# Crunchy Hawaiian Chicken Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable-Grains

Sandwiches F-12r

Ingredients	25 Servings		50 Servings		Directions Process #1: No Cook
	Weight	Measure	Weight	Measure	
Light mayonnaise	8 oz	1 cup	1 lb	2 cups	1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F.
White vinegar		¾ cup		1 ½ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Poppy seeds		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 Tbsp		¼ cup	
Garlic powder		2 Tbsp		¼ cup	
Chili powder		2 Tbsp		¼ cup	
*Fresh broccoli, shredded	1 lb 8 oz	2 qt	3 lb	1 gal	2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken.  Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh carrots, shredded	1 lb	1 qt 1 cup	2 lb	2 ½ qt	
*Fresh baby spinach, chopped	6 ¼ oz	2 ½ cups	12 ½ oz	1 qt 1 cup	
Canned crushed pineapple, in 100% juice, drained	10 ½ oz	1 ¼ cups (⅓ No. 10 can)	1 lb 5 oz	2 ½ cups (⅓ No. 10 can)	
Frozen, cooked diced chicken, thawed, ½" pieces	3 lb 4 oz	2 qt 2 ½ cups	6 lb 8 oz	1 gal 1 ¼ qt	
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	3. Portion filling with No. 6 scoop (⅓ cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half.  4. Critical Control Point: Hold for cold service at 40 °F or lower.
					5. Serve 1 wrap (two halves).

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.




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Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
May prepare filling 1 day ahead for flavors to blend.
Suggestion: Keep wraps and filling separate and assemble at time of serving to prevent tortillas from getting soggy. Or serve slaw/chicken mixture and tortilla separately and allow kids to build their own.

Serving	Yield	Volume
1 wrap (two halves) provides 2 oz equivalent meat, ¼ cup dark green vegetable, ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and 1 ¾ oz equivalent grains.	25 Servings: about 8 lb	25 Servings: about 1 gallon 25 wraps
½ wrap (one half) provides 1 oz equivalent meat, ⅓ cup dark green vegetable, ⅓ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 16 lb	50 Servings: about 2 gallons 50 wraps

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide					
Food as Purchased for		25 servings		50 servings	
Broccoli		1 lb 14 oz		3 lb 12 oz	
Carrots		1 lb 4 oz		2 lb 8 oz	
Baby spinach		7 ½ oz		15 oz	
Nutrients Per Serving (1 wrap)					
Calories	307.83	Saturated Fat	1.63 g	Iron	4.40 mg
Protein	23.78 g	Cholesterol	53.24 mg	Calcium	82.96 mg
Carbohydrate	41.50 g	Vitamin A	3845.42 IU	Sodium	408.49 mg
Total Fat	6.38 g		(193.13 RAE)	Dietary Fiber	5.45 g
		Vitamin C	27.36 mg		